



Zucchini Pancakes & Passion Fruit Banana Smoothie

Makes: 4 Servings

“On the weekend, we make pancakes from scratch in shapes that go along with family celebrations. These have a healthy twist and are delicious,” says Sakari. “At first we were going to use sour cream, but I don’t like that. So we made a cream cheese and yogurt mixture that I love. Bananas and passion fruit grow in our yard, and we make really tasty smoothies with them to go along with the pancakes.”

Ingredients

For the zucchini pancakes:

2 medium zucchinis, trimmed and grated
salt

1/2 cup fat-free plain Greek-style yogurt

3 ounces cream cheese






1 large egg

Nutrition Information

| Nutrients | Amount |
|-----------------------|-------------|
| Calories | 409 |
| Total Fat | 12 g |
| Saturated Fat | 7 g |
| Cholesterol | 84 mg |
| Sodium | 324 mg |
| Total Carbohydrate | 64 g |
| Dietary Fiber | 10 g |
| Total Sugars | N/A |
| Added Sugars included | 8 g |
| Protein | 18 g |
| Vitamin D | 0 mcg |
| Calcium | 299 mg |
| Iron | 2 mg |
| Potassium | 1188 mg |

N/A - data is not available

MyPlate Food Groups

| | | |
|-------------------------------------------------------------------------------------|---------------|-----------|
|  | Fruits | 1 cup |
|  | Vegetables | 3/4 cup |
|  | Grains | 1 ounce |
|  | Protein Foods | 1/2 ounce |
|  | Dairy | 3/4 cup |

2 egg whites

1 clove garlic, minced

1/3 cup Whole wheat pastry flour

1/4 cup Parmesan

freshly ground black pepper

2 tablespoons oil

For the passion fruit banana smoothies:

8 passion fruits, seeded and flesh removed

4 bananas

2 cups fat-free plain Greek-style yogurt

2 tablespoons honey

8 ice cubes

Directions

Make the zucchini pancakes:

1. In a colander, combine the grated zucchini with a pinch of salt and let it sit for 15 minutes to drain any excess liquid. Wrap the zucchini in paper towels and wring out any excess liquid.

2. In a small bowl, stir together the yogurt and cream cheese.

3. In a large bowl, beat the egg, egg whites, and garlic. Fold in the flour and Parmesan, and season with pepper. Add the zucchini and stir just until combined.

4. In a large sauté pan over moderate heat, warm the oil. Spoon 1 heaping tablespoon of batter into the pan and cook until golden brown, 2 to 3 minutes per side. Continue with the rest of the batter, covering the finished pancakes to keep them warm.

5. Serve the pancakes topped with a dollop of the yogurt and cream cheese mixture.

Make the passion fruit banana smoothies:

1. In a blender, combine the passion fruits, bananas, yogurt, honey, and ice cubes, and blend until smooth.

Notes

State: Virgin Islands

Child's Name: Sakari Clendinen, 8

Source: The Epicurious 2013 Healthy Lunchtime Challenge Cookbook